WILD DIVINE

relaxing Rhythms

iom PE

PERSONAL EDITION HARDWARE

User's Manual

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I Welcome

Congratulations on your purchase of Wild Divine's Relaxing Rhythms 15-Step Guided Training Program. You have taken the first step towards experiencing the benefits provided by the relaxation techniques that are taught in Wild Divine's "inner-active" relaxation training programs.

Wild Divine's relaxation training products artfully combine state of the art technology with beautiful visuals, soothing sounds and effective meditation and breathing techniques to help you uncover your body's natural ability to counter the effects of stressful situations.

Founded in 2001, Wild Divine is a pioneer in the emerging lifestyle technology market. We are committed to designing and developing unique whole-body relaxation training programs that help people reduce stress and live happier and more balanced lives.

With just a few minutes of practice each day, Relaxing Rhythms can transform your computer into a beautiful and engaging experience of relaxation and balance, helping you to increase your energy level, restore balance and improve your ability to connect to the world around you in profound ways.

We hope that Relaxing Rhythms will help you to discover your body's natural ability to counteract the negative effects of stress and to restore your own natural rhythms.

Be well,

The Wild Divine Team

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II Active Feedback in Relaxing Rhythms

Dr. Bob Whitehouse, a psychologist certified in biofeedback, and a former board member for the Association for Applied Psycho-physiology and Biofeedback, and biofeedback practitioner Sunny Turner, MA, provide the following information about the science of biofeedback:

Active Feedback uses electronic equipment to monitor your internal physiological states and gives feedback that helps you learn how to control these states, to activate, balance, release or to recover from them. Usually this also involves a coach, who guides the process, interprets the results, and makes suggestions. In Relaxing Rhythms, however, the product itself gives you information about whether you're progressing or not.

Relaxing Rhythms' active feedback component measures a player's Heart Rate Variability (HRV). HRV is calculated from the differences in heart rate from one heartbeat to another. No two intervals are exactly the same, and you need a method more sophisticated than just taking your pulse to determine it. Greater HRV is a healthy goal. In fact, people who exhibit greater HRV tend to live longer and enjoy life more. Parts of Relaxing Rhythms require users to attain this goal in order to complete an activity. You can view your HRV directly on the Graph screens within the program.

Examining HRV is the fastest growing area in feedback and it can provide important methods of working with our own physiology. Research suggests that when you increase your HRV you can reach a state of coherence within the power spectrum frequencies of the heart that signals the brain to synchronize with the heart and boost the immune system. This coherence pattern in the heart frequencies is also known as the heart's Resonant Frequency.

Meditation, slow and easy abdominal breathing, or connecting with positive emotions are three researched ways for getting this desired pattern of both strength and balance. By synchronizing your heart rate with the breath (two skills that can be gained through practices in Relaxing Rhythms), you can quite easily reach your heart's Resonant Frequency. Also, when we are in this state of coherence, the heart's desired vibration pattern ripples out around us in an electromagnetic doughnut shape detectable eight or more feet in all directions. It even shows up in the brainwaves of anyone we touch! Who wouldn't want to experience the positive effects of such a state more and more often?

The sequence of the 15-Steps of Guided Meditations throughout Relaxing Rhythms was designed to increase a person's ability to regulate their energy and physiological reactions by experiencing the mind body connection associated with such emotions as joy, hope, excitement, relaxation and patience, to mention a few. The body responds by increasing, decreasing or synchronizing body rhythms in a positive and healthy way.

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Relaxing Rhythms gives users more awareness of the correlation from their emotional and mental states to their physical states. When users acquire enough awareness of how to make the shift from one state to another, they can begin to do this voluntarily. They will have integrated what we call our BEST team: Body, Emotion, Spirit and Thought.

III Getting Started

Insert the Relaxing Rhythms DVD disk into your Mac or PC computer disk drive. If your computer no longer has a disk drive, you can contact our customer service department for download version of the program. Email your request to pesupport@wilddivine.com.

Insert the installation disk, or complete the download if applicable, and follow the installation instructions as they appear on the screen before you.

Connecting the Iom PE Hardware

If you have not already registered your hardware with your name and email address, please do so now at www.WildDivine.com/pe. This will ensure that you have your Users Manual and full warranty coverage for your hardware.

Remove the three hardware pieces from the package and connect the cabling using the instructions on the web site, and using the following as a guide.

- Insert the square tip of the USB cable into the matching port on the back of the Iom PE hardware.
- Insert the opposite end of the USB cable (where the image is stamped) into the rectangular USB port on your computer.
- Insert the round plug at the end of the ear clip cable into the corresponding round port on the opposite end of the green Iom PE.

Attaching the Ear Clip Sensor

Gently clip the sensor onto the center of your earlobe. Be sure that you clear away any loose hairs as they can interfere with the sensor reading. It does not matter which earlobe is used, or which way the ear clip is facing.

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The green Iom PE has two lights on it.

- Green Light- this indicates that the Iom PE is plugged in and has power
- Flashing Red Light- this light indicates the heart rate reading

A consistent flashing red light indicates a steady signal recording the heart rate. You may need to slightly adjust the position of the ear clip until you see a clear heart rate signal being detected.

An alternative position for the clip instead of the earlobe is on the tip if your index finger, or also clipped to the web of your hand between the thumb and index finger.

If you have questions, or difficulty installing the software or using the hardware, please contact us by email at pesupport@wilddivine.com or visit the Wild Divine PE Support Portal at http://www.wilddivine.com/pe.

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IV How to Use the Program

Open the Relaxing Rhythms program from the icon on your desktop or by using the Start menu on your PC, or from the Applications folder on your Mac.

The program will first open in the Relaxing Rhythms Configuration window, and give you an option to chose your screen resolution preference, and if you wish to have it open in a full or windowed screen mode. Graphics Quality can remain at the default setting of Good for most monitors. Once you have made your selections, press Play to open the program.

The program will open with an introductory video. You can bypass this at any time by simply clicking on the images playing on the video. This will take you to the Home Screen of the program.

At this Home Screen you will have several options. Just to the right of the center you will see three buttons, one for Guided Training, another for Self Exploration, and also the Iom Grapher. These will take you to different types of training programs. In the upper right hand corner there are a series of other navigation options that take you to other parts of the program: Mute Symbol, Home, Preferences and Quit.

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Navigation Buttons

Guided Training: This will take you into the 15 Step Guided Training menu. It is recommended that you begin here when new to this program.

Self Exploration: Selecting this option will take you to the Self Exploration screen where you will be able to access 15 minute versions of selected Relaxing Rhythms' Guided Training sessions and Music only meditations - all of them are live Graphing Events.

Iom Graph: The Iom Graph selection will open the Iom Grapher where you can view live feedback data from the sensors in real time. For more detailed information on use, see *Chapter VI, How to Use the Iom Grapher*.

Navigation Menu (top right of screen)

Mute Symbol: Clicking this will mute the background music in the program. This will also mute the audio in any Guided Meditation or Practice Event, but it is important to note this feature does not pause the audio.

Home: Clicking the Home selection will return you to the Home Screen.

Preferences: Clicking this will take you to the Preferences screen where you can Clear you currently Saved Data about which of the 15-Step events you have completed to date, as well as reset all saved scores and high scores.

Quit: Pressing this button will save your progress and exit Relaxing Rhythms.

Finished/Home: This button on any screen, will end your existing task, and go up one level or return you to the Main Screen.

Pre-settings for Practice and Graphing Events:

Each time you begin a Practice Event, whether that is from the Guided Training portion of the program, or from the Self Exploration Menu, you will have a few options to set on this screen before you begin your Iom PE training session. These options allow you to customize your training level so that you get the most of the experience. It also allows you to perform a quick system check on your hardware.

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If you are doing a Practice Event session from the Guided Training menu, you will also be able to choose the length of time you wish to graph your meditation time, from 5 to 30 minutes.

Difficulty Level- This is a sliding scale from 1 being the easiest level to 100 being the hardest. Start out easy and build your way up. This setting affects how closely the system monitors your breath coherence cycle.

Breathing Cycle- This setting allows you to customize the length of your breathing cycle prompt. The 8-14 second cycle you can choose from is the length of time for one full inhalation and one full exhalation of breath. This is very important to spend some time testing initially to see where you are comfortable. Be sure that you are not hyperventilating, and chose a breath cycle that is comfortable for you to maintain easily, without forcing yourself to match it. You may notice that over time as you meditate more, that this cycle may become longer for you. There is no right or wrong, and this is a very individual preference.

Breathing and Sensors- This section performs a quick system check to be sure the sensors are registering properly before you begin the Practice or Graphing Event.

You can also choose to mute the breathing prompt tone that chimes with each inhalation or exhalation in time with the butterfly.

Meditation Time (if applicable)- Use the sliding scale to select how long you wish to meditate to music and using the Graph, in 5 minute intervals. A chime will sound 30 seconds prior to the end of the meditation period, and then the music will end.

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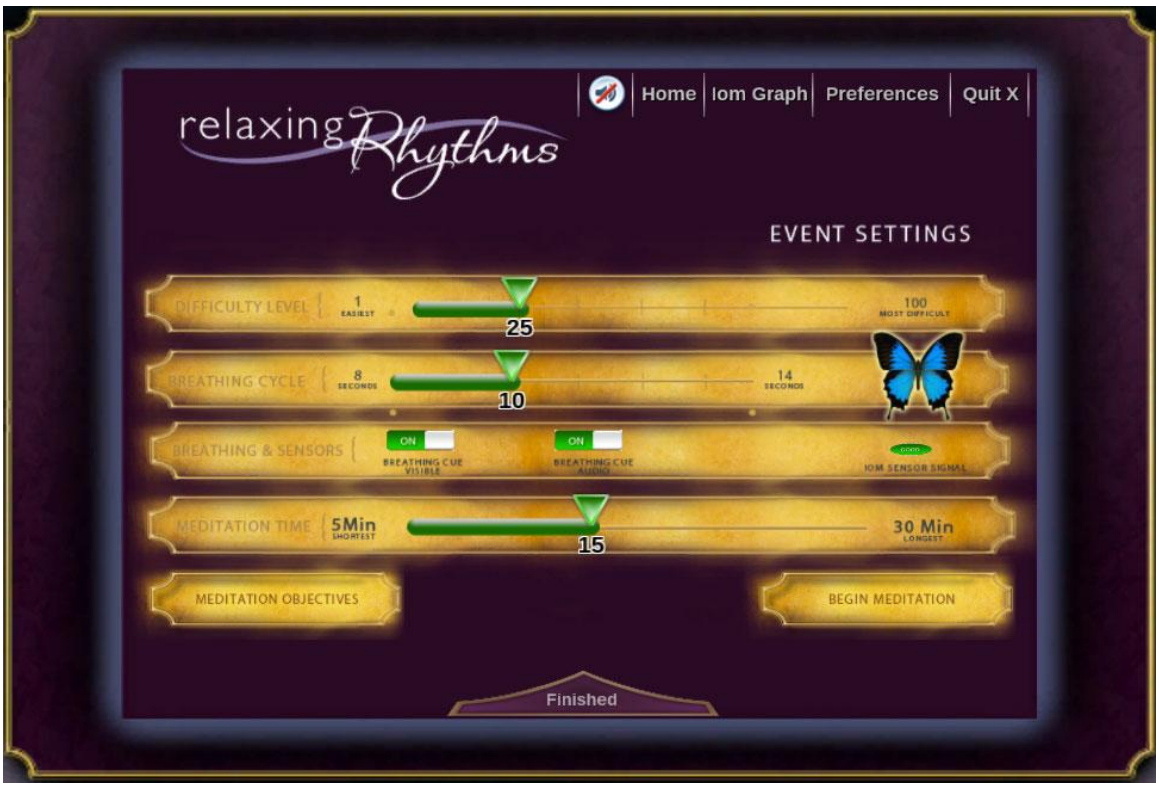

Choosing Your Mode of Training

From the Main Screen you can choose one of two modes: Guided Training or Self Exploration. To receive the full benefits of Relaxing Rhythms, it is recommended you start with the 15-step Guided Training mode. Once you've completed the 15 steps, Self Exploration mode is a great way to customize your practice and revisit specific 15 minute meditations or music again and again.

Guided Training Mode

The Guided Training mode is a 15-step program divided into three parts:

- Self Discovery
- Creating Happiness
- Develop Life Skills

Each of the three parts includes 4-6 steps designed to provide you with the tools to achieve a happy mind and a more balanced life. These steps build off of previous steps and are intended to be completed successively. To begin, click on one of the three tab sections, and then click a step to enter it. You will enter your personal meditation space,

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complete with a cushion to sit on and four candles. Each of the four candles corresponds with one of the parts you must complete in order to master the teachings of that step.

There are four parts at every step:

- One Inspirational Message - a short descriptive passage designed to introduce you to the focus of the step and act as an inspiration.

- Two Guided Trainings - where you will receive guided meditations from Relaxing Rhythms expert mentors.

- One Practice Event – an active feedback graphing opportunity to meditate and reflect on the meditations you have just heard. Objectives for each step are laid out for you by clicking the Objectives button.

Guided Trainings: There are two Guided Trainings in each step. You will be guided through each of them by one of Healing Rhythm's wellness guides.

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Practice Events: During a Practice Event, the shoji screen will open and present you with the opportunity to record your biorhythms and breathing using the Active Feedback element with your Iom PE. You can select the length of time you wish to meditate to, and then breathe, relax and continue to meditate on the concepts your Guided Training meditation teachers shared with you. Allowing you to have this additional time to explore these concepts and graph your own physical responses allows you deepen the experience of meditation, and help you better absorb and retain the lessons learned in each step.

Note: You can exit any section and return to the previous screen by clicking the Finished button at the bottom of the screen.

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Once you have visited an activity within a step its corresponding candle will glow. If you complete all four of the exercises, you will be taken to the Guided Training page where you can select your next step or return to the Main Screen. When you have visited all four of the exercises within a step, that step will have a check mark next to it, letting you know you have already opened each exercise in that step and are ready to proceed to the next step.

Self-Exploration Mode

Once you've completed your Guided Training, you can use the Self Exploration mode to create your own personal Relaxing Rhythms practice. Through this mode you can access specific Guided Trainings to listen to, or meditate to one of six music tracks. All meditations are for less than 15 minutes each. In the music meditations you can choose your length of time between 5 and 30 minutes. In Self Exploration mode, you're given the choice of different mind/body skills to choose from:

- Balance
- Breathing
- Mindfulness
- Relaxation
- Music

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Click on the skills to receive an index of the Guided Trainings and Practice Events associated with it. Scroll through and click the one you want to practice.

V Points and Scoring Calculations

In this Relaxing Rhythms program, you are able to track how well your coherence graphing and meditation time is spent, via a scoring system. The scores are calculated in the following way:

Number of minutes of the meditation * (avg coherence score *10)

Example:

12 minute meditation, .82 avg coherence score for the 12 minutes
= 12 * (.82*10) = 12 * 8.2 = 98.4 points

Each time you meditate in a Practice Event from the Guided Training options, or from the Self Exploration event options, you are gaining points based upon the formula above.

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Your top score for each event is saved as that Highest Point Total for each individual event, so you can see your score improve over time on that particular meditation event. You also have a running Total Score, cumulatively calculated from all scored events, that you can view anytime from the Preferences Screen. *Note- Clearing your Saved Data will also clear out this lifetime score.*

The details on what your Coherence scores mean are discussed next in the following section VI, *How to Use the Iom Graph.*

VI How to Use the Iom Grapher

Any time you are in a Practice Event or using the Self Exploration practice options, you are using the Iom Grapher. You can also access The Grapher from the Home Page of the program, click on the Iom Grapher button on the right hand side.

What I am watching on the Graph Screen?

Heart Rate Variability (HRV) is a measurement of the beat-to-beat changes in your heart rate. HRV measurement in the science of mind-body training is leading a renaissance in the understanding of the heart and its role in emotional and physical health. The traditional idea that the heart is a pump and should beat steadily and without variability has gone by the wayside. Instead we are finding that the heart has a great influence on other aspects of the body, particularly emotions, and the more its rate varies the better.

To measure your heart rate the sensors send a beam of light into your finger and measure the amount that is reflected back. This will vary depending on the volume of blood in the finger, and allows us to find individual heart beats. Relaxing Rhythms can then calculate the beat-to-beat interval to determine your heart rate and trace it on the Heart Response chart.> How does ours actually work?

There are several of aspects of HRV that you can monitor using Relaxing Rhythms. The first and most important is the periodicity, or duration of time of each wave cycle, of your HRV, which is primarily influenced by your breathing patterns. As you breathe in your heart rate increases and as you breathe out it will decrease. So as you breathe in and out you will see that the purple line in the Heart Response window forms a sine wave pattern. When we talk about periodicity we are looking at the length of time from the beginning of one wave of variability to the beginning of the next. The ideal length of time for this is ten seconds, and a ten second pattern here is referred to as Coherence.

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One of the most interesting heart rate frequencies is the resonant frequency, which is .1 Hz and creates a wave of HRV that lasts ten seconds. This is the strongest most stabilizing heart frequency and is commonly referred to as Coherence. It is the source of many positive changes in the body and is the best tool for recovery from stress and creating a happier mind and body. While in Coherence you can expect to feel more positive emotions, have increased intuition, be better able to connect with the people around you, and find a state of balance.

The Average Heart Coherence meter, located to the left of the graph, scores your level of coherence on a scale of 0 to 100 where 0 is no coherence at all, and 100 is ideal coherence. The closer you get to achieving the ideal ten second breathing cycle and wave of HRV the higher your score will be. This scale is based on the difficulty setting that you have selected at the Preferences screen. So as the event difficulty is increased it will become harder to achieve ideal Coherence. This meter shows both your live score for each individual breath cycle, and also shows the Average Score, which is cumulative, so the reading displayed will be for the entire Graphing session.

The Coherence Spectrum displays a colored interpretation of your coherence score over the course of a graphing session so that you can see how coherence improves or weakens. Dark blue represents ideal coherence, green symbolizes moderate coherence and yellow signifies minimal coherence.

The second measure of HRV is the amplitude. To calculate the amplitude of HRV find the average height of your peaks, and subtract the average valleys. So if your heart rate rhythmically varies from 65 to 85 BPM than you have 20 BPM of variability.

Note: 20 BPM is a good goal for people under fifty and greater than 10 BPM is good for people over fifty. Generally greater amplitude is better. So if you have more than 20 BPM of variability, wonderful, but remember that you don't want to achieve amplitude by over breathing. Over breathing throws off the oxygen to carbon dioxide ratio in your body and can lead to symptoms like dizziness, anxiousness or nausea. If you find that you become light headed while working on breathing events try to remember that a healthy breath isn't necessarily the largest one you can take, but a comfortable effortless one.

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Iom Grapher Screen

How can you increase your HRV? There are several great ways to improve HRV that will provide you with many benefits in addition to improving HRV.

1. Graphing using the Iom PE gives immediate feedback about HRV so you can see how you are doing and learn quickly how to gain control of heart rate patterns. Relaxing Rhythms is a great tool for improving HRV.

2. Breathing effortlessly around 6 breaths per minute typically increases HRV and coherence. The deeper the breath, the greater the HRV. However, a very important caution is needed here: deep belly breathing may make a person hypoxic, a form of over breathing or hyperventilation in which more air is taken in than given back out. This creates an imbalance in the oxygen to carbon dioxide ration of our blood and we may feel light headed, anxious, nauseous, dizzy, numb or other toxic feelings. So, if you are doing deep breathing and you experience sensations like these, just ease the breath. The normal healthy breath is not deep, and it's not up in the chest; it's just a complete breath. It should feel natural and effortless. Relaxing Rhythms teaches several breathing techniques that are beneficial to HRV. Practicing these breathing techniques will improve HRV and your ability to relax.

3. Meditation tends to quiet the busy mind and produce greater HRV and Coherence. Easing the troubled mind and body is key. Relaxing Rhythms provides many opportunities for guided and solo meditation.

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4. Accessing positive emotions like compassion, gratitude, appreciation, joy, and connection will help develop greater HRV and Coherence, and will also allow them to last longer. Using the techniques taught in Relaxing Rhythms will allow you to more easily access these positive emotions and allow you to be more resilient to negative ones.

5. Positive interpersonal relations in the moment and over time contribute to greater happiness, HRV and coherence and resonance. The felt sense of positive or loving connection seems to be the key. You will probably find that many of the techniques taught in Relaxing Rhythms will improve your interpersonal relations.

6. Exercise within one's target heart rate zone tends to increase HRV at rest. Try taking a walk before using the program and you will probably find that your HRV is higher than it normally is.

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VII Frequently Asked Questions

Q. How do I register my Iom PE hardware?

A. Go to http://www.wilddivine.com/pe to register your Iom PE. Registration provides you access to all technical support resources as well as register your device for warranty.

Q. Does the Iom PE require any third-party software or drivers to work on my PC or Mac computer?

A. No. The Iom PE is designed to operate without the Iom Driver. All software titles that support the Iom PE contain all necessary software required for the Iom PE to work with your Mac or Windows computer.

Q. How does the Iom PE connect to my computer?

A. The Iom PE connects to your Windows or Mac computer using the included USB Type-A Cable. The male connector on that cable plugs into the computer's USB port. This type of connector is industry standard on all Windows and Mac computers. The Iom PE must be plugged directly into the computer's USB port and cannot be connected to or through a USB hub of any sort.

Q. How does the Iom PE work?

A. The Iom PE measures your heart rate via the sensor that attaches to your earlobe. The software uses that heart rate measurement to determine Heart Rate Variability (HRV). HRV is a measurement of the beat to beat changes in your heart rate. HRV measurement in the science of mind-body training is leading a renaissance in the understanding of the heart and its role in emotional and physical health. For more detailed information, please refer to the User Manual included with your Wild Divine software.

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Q. What are the system requirements for running Relaxing Rhythms PE on my computer?

A. *PC: Windows Vista, 7 or 8*

Mac: OS X 10.7 or higher

Hardware Needed:

- *INTEL Core Duo2 (or equivalent) or greater*
- *2 GB Main Memory*
- *Graphics Processor with 256 MB VRAM or SDRAM*
- *1 GB MB Free Disk Space*
- *USB 2.0 Port (no USB HUB)*

Q. How can I obtain technical support for Relaxing Rhythms PE and/or my Iom PE device?

A. *Wild Divine has created a support portal specifically for all thing related to the PE line of hardware and software. Online support resources such as Knowledge Base, Troubleshooting Guides, FAQs and "How-To" articles are available 24x7x365 at http://www.wilddivine.com/pe. You can also email us at pesupport@wilddivine.com if you need more direct assistance. Our support agents are available via email Monday - Friday 9 a.m. to 4 p.m. Pacific Time (US) - no holidays or weekends. We will answer all inquiries within one business day.*

Q. My computer does not have a DVD drive. Can I get a download version of the Relaxing Rhythms PE software to install on my computer?

A. *To get a download of the software please contact us at pesupport@wilddivine.com. Please include a copy of your receipt from your purchase or a digital picture of your current installation DVD. We will provide you a download of the software at no additional cost.*

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VIII Credits

Corwin Bell – Creative Director
Kurt Smith – Executive Producer
Wendy Goldner – Producer

Artists
Corwin Bell – Concept and 3D Artist
Bryan Mayner – Lead 3D Artist
Karen Sadenwater – Artist, Production Manager
Dennis Ruybal – Photoshop Artist

Programming
David Bitkowski – Integration Lead
Jan Delany – Director of Technology
Pete Clark – Program Integration

Sound
Michael Verdick – Sound Director
Andy McEwen – Additional Sound Recording and Editing

Hardware Development
Neil Blank & Dave Farrell – Hardware Development
Russ Brinkmann – Firmware
Unovo – Hardware Design

Guided Training Practice Guidance

Zen Master Nissim Amon
Original Recordings written and performed by Master Amon for Relaxing Rhythms
– Inner Balance
– Reveal Your Inner Wisdom Inspiration
– Handle Your Emotions
– Natural Beauty
– Opening Yourself to Others Inspiration
– Discover Gratitude Inspiration
– Open Your Heart
– Connect to Something Outside of Yourself Inspiration
– Connect to the Universe
– Setting Your Intentions Inspiration
– Take a Daily Supplement Inspiration
– Commit to a Daily Practice Inspiration
– Find Your Rhythm Inspiration

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Dean Ornish, M.D.
Original Recordings written and performed by Dean Ornish, M.D. for Relaxing Rhythms
– Introduction to Meditation
– Observe Your Thoughts Inspiration
– Find Your Balance Inspiration
– Natural State of Balance
– Release Physical Tension Inspiration
– Subdue Your Inner Critic Inspiration
– The Freedom of Compassion
– Set Intentions
Additional information available from: www.pmri.org

Andrew Weil, MD.
Originally released on the recording Mastering the Art of Breath, published, and copyrighted by Sounds True
Written and performed by Andrew Weil, M.D.
– Quite the Mind Inspiration
– Deeper, Quieter, Slower Breath
– Let yourself be Breathed
– Follow Your breath
– Stimulating Breath
– Relaxing Breath Available from: Sounds True www.soundstrue.com

Nawang Khechog
Original Recordings written and performed by Nawang Khechog for Relaxing Rhythms
– Peaceful Breath
– I Want to be Relaxed
– Learning to Cultivate Positive Emotions Inspiration
– Transform Your Emotions
– The Practice of Mindfulness
– The Art of Forgiveness
– Contemplative Thought
– Practicing Compassion Inspiration
– The Heart Breath
– Conscious Living
– Inner Happiness
– The Wisdom Breath Additional recordings available from: www.nawangkhechog.com

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Sharon Salzberg
Originally released on the recording The Force of Kindness, published, and copyrighted by Sounds True
Written and performed by Sharon Salzberg
– Loving Kindness
– Force of Kindness Available from: Sounds True www.soundstrue.com

Stephen Cope
Originally released on the recording Yoga for Emotional Flow, published, and copyrighted by Sounds True
Written and performed by Stephen Cope
– Daily Body Scan
– Ride the Wave
– Clear the Field Available from: Sounds True www.soundstrue.com

Joan Borysenko
Original Recordings written and performed by Joan Borysenko for Relaxing Rhythms
– Gratitude Everyday
– Clear Intentions
Additional recordings available from: Sounds True www.soundstrue.com

Voice Over Talent
Anna Coy – Voice of Relaxing Rhythms

Project Management/Testing/Technical Support
Steve Robertson

Packaging/Guided Training Manual/User's Guide
Jean Widner – Creative Director, Copy Writer
Sue Kramer – Relaxing Rhythms PE Cover Design
Terri Trespicio – Guided Training Manual: Editorial Concept Development/Writer/Editor
Linda Ruttan-Moldawsky – Product Packaging & Promotional Design, Photoshop Artist
Molly Ruttan-Moffat – Guided Training Manual: Design/Layout/Production Artist
Stephany Wilson – User's Manual Writer
Jean Widner – User's Manual Writer
Emily Vorhees – Packaging Copy

Songs
Mind/Body Practices Music Scoring
Written and performed by Carolyn Fazio
Available from: Sonic Farms www.sonicfarms.com
AudioAngel@sonicfarms.com

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Nawang Khechog's Mind/Body Practices Music

Written and performed by Nawang Khechog Published and copyrighted by Nawang Khechog Originally released on the CDs "Music as Medicine", "Universal Love," and "Sounds of Peace"
Available from: Sounds True www.soundstrue.com

IX Satisfaction Guarantee and Warranty

The creators and developers of Relaxing Rhythms PE want you to have a rewarding experience with this product as we have committed years of our lives to bring this unique program to you. However, if you have purchased the program directly from Wild Divine, Inc. and you are not happy with it, please contact us within 30 days of your purchase and we will gladly allow you to return it for a full refund. Additionally, your hardware is covered for 90 days from the date of your product's registration and will be replaced free of charged if it should fail within this period.

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